

Woman, occupation and personal accomplishment

Raquel Perales Gómez^{1,2}, Ana Sanz Casalengua³

¹*Servicio de Salud de Castilla la Mancha, Toledo, Spain,* ²*Profesora Asociada de la Universidad de Castilla la Mancha, Talavera de la Reina, Spain,* ³*Servicio de Salud de la Comunidad de Madrid, Madrid, Spain*

In Spain in the last 25 years the number of women who have joined to the labour world has increased considerably happening of from 29,48 % of the active population, in 1982, to 42,53 % between the year 2005 and 2007. This increase has supposed significant changes in the occupation of the today women and of 25 years ago.

The present work examines and compares the changes produced in the form, the function and the meaning of the occupations of a group of women between 25 and 40 years of 25 years ago and other one that has this age at present. Also it analyzes how it is the occupational performance and the degree of satisfaction and well-being that they experience.

This study of qualitative methodology was carried out in a group of 45 women. Of which 20 had between 25 and 40 years, and 15 between 50 and 65 years, (25 years more than the first ones).

The information was gathered across a questionnaire and an interview semiconstructed with a duration of 30 to 60 minutes. For the analysis of the information there was in use the program SPSS and for validating the process and for establishing the credibility of the finds was contacted by a person expert in qualitative methodology.

With the study there parts the need to intervene from the Occupational Therapy with a group of women between 25-40 years, seemingly without problems that present occupational dysfunctions and that they would benefit of a treatment directed to organizing her occupations in order to obtain a better occupational balance and a major accomplishment and valuation of themselves.